The Lions' Pride

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A Celebration of Black History

By Thavail England and Vincia Mitchell
Contributing Writers

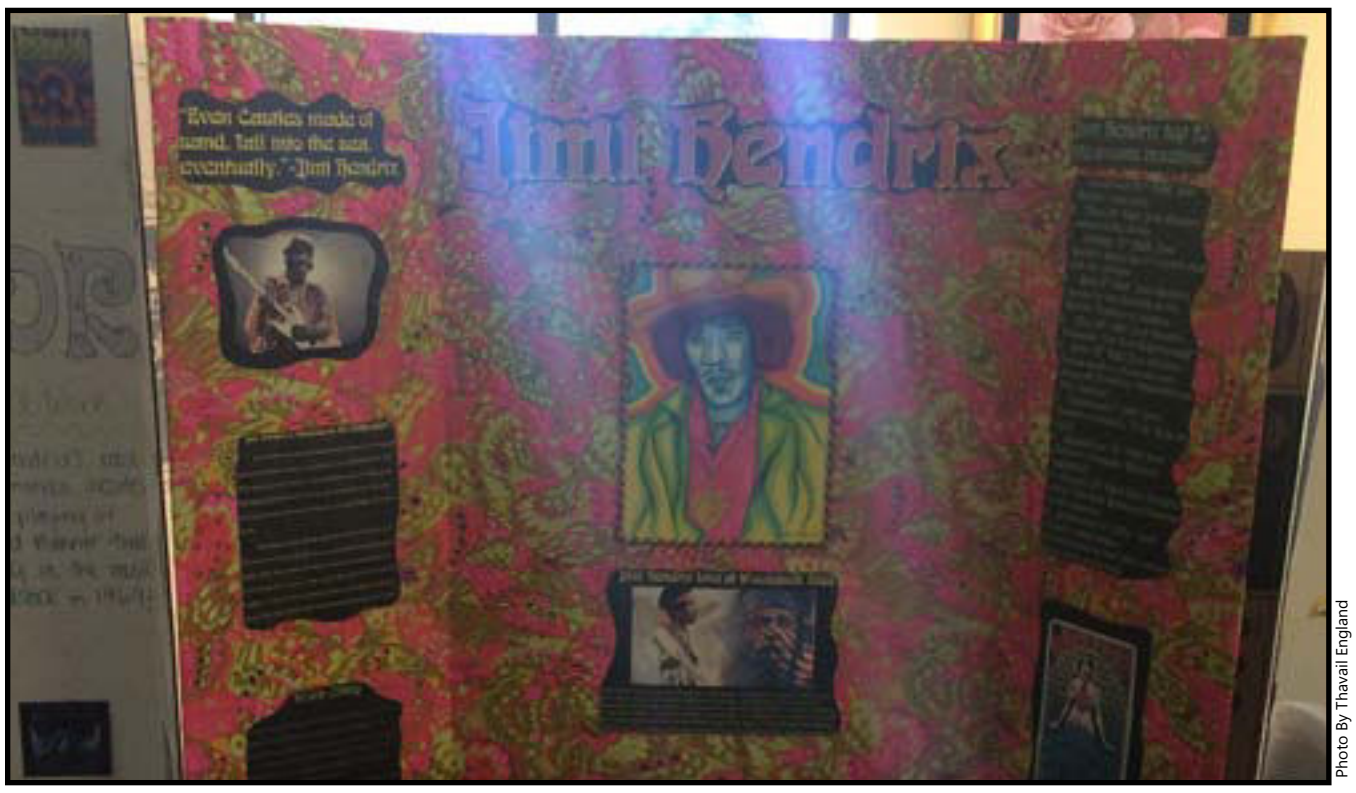

Photo By Thavail England

Jimi Hendrix was unable to read or write music but he did not let that stop him from mastering the electirc guitar and giving rise to a new wave of music.

The month of February marks a very important month in American History. It is a month where historical African-Americans are highlighted and celebrated.

The celebrations commenced on Feb. 4. The Student Community Center (SCC) Dining Hall held a dinner in celebration of Black History Month. The Dining Hall was elaborately decorated for this celebration and southern style food was served.

On Feb. 10, the Black History Month Celebration was at its peak in the Greenfelder-Denlinger Boardroom of the SCC from 10 a.m. to 3 p.m.

Heather Parker, an associate professor of history at Saint Leo University, hosted the event, which was widely supported by the students, members of the community, and staff.

Parker pointed out that the purpose of the event was to raise the awareness of the contributions done by African-Americans whether culturally, politically, or socially in the United States of America. In addition, the boardroom was filled with posters, which illustrated various legends such as Oprah Winfrey, Jimi Hendrix, Ray Charles, and many others who have contributed to the United States of America.

Students from classes at Saint Leo participated by creating posters of influential black figures, philosophers, and politicians. Several rows of posters were displayed and the students were present to explain them. Influential people were observed from Winston Churchill to Bob Marley. There were books by published African-American authors in the boardrooms. All day a "What History Means To Me" sounding board was played. Also shown intermediately throughout the day was a Jazz documentary of Ken Burns.

"I believe that the black students really enjoyed the event and they enjoyed participating in it by creating posters, dancing, singing, and reciting poems," Parker said.

At noon, the poetry portion of the evening commenced, starting with slam poetry. Guest poet and storyteller Valada Llewellyn later took the stage after which more slam poetry was performed. There was also a dance performance by Saint Leo's very own Caribbean Association dance group and, at 2:30 p.m., presentations of important African-American figures were presented.

Parker also ensured that the event was broad enough for everybody so that everyone could be aware of the achievements of black people and never to lose insight of black history.

"This was really great, I really enjoy seeing the different aspects of my culture being appreciated, and I love the diversity being presented," said Jonathan Chan Jon Chu, a sophomore.

The event drew 460 people, which Parker considers a success.

A generous amount of the Saint Leo community, in addition to guests, attended this open house, perusing the displays and sampling the food. Professors also encouraged their students to attend by allotting them extra credit to participate; a checklist provided by the Department, which listed all the activities for the day that you would have viewed, aided this. The checklist was stamped by the reception desk at the front upon one's departure from the event.

"I am looking forward to next year in order to continue uplift black society," Parker said.

Saint Leo University's choir performance was quite stunning and the song that stole the audiences' heart was sung by Maurqise McGill ("Make Them Hear You"). McGill is a freshman, who is currently majoring in middle school education with a focus in English.

"By singing 'Make Them Hear You' in a powerful tone was my way of expressing the fact that we still have to fight as an African-American to be heard, seen and taken seriously," McGill said.

He further stated that this celebration is extremely important to him as a black student and he is proud to know that Saint Leo is interested in his history.

Cynthia Selph, assistant professor of music, led the choir.

"It was a great experience and the singers had instruments to participate and we used different people to participate and they were happy," Selph said.

Selph was indeed pleased with her students. They sang in Swahili (the official language of Kenya and Tanzania), which was new to them, and they performed well.

Saint Leo University used this opportunity to extend its home to students from all cultural diversities. In recognition of the school's tremendous work, Saint Leo University won 2014 HR Tampa Diversity Awards.

Photo By Valerie Kasper

At 10:30 am the Saint Leo Singers made their debut, the festivities were also catered by African-American themed food, snacks and desserts.

Photo By Ilouisa Salazar

For videos of the Saint Leo Singers, poster presentations and guest speakers head to prideonlinedotnet.wordpress.com.

Editorial

The Real Price Tag

By Samantha Corcoran
Contributing Writer

College prices are cleaning out the pockets of students all over the United States. Often students attend college at a young age and do not think about the price tag, how it will affect them later in life, or even how it will affect them during their collegiate years.

There are often two types of students and two types of institutions. The main questions that students in need ask themselves are: "how much do I have to pay" and "how can I come up with the funds to pay this".

Some young adults are fortunate enough to have wealthy parents who can pay their tuition and other expenses for them while they attend the college of their choosing.

On the other hand, there are many students that have to take out loans and work part-time all through the time they attend college. These students have to work hard 24/7 and are constantly thinking about money and where it is going to come from to help pay their bills.

Often the cost of living on campus is much higher than that of living off campus. Students typically do not take the time to think about all the costs involved with living on your own versus living on campus or even living with their parents while attending college.

The cost of living on campus is pretty constant in regards to room and board, meal plans and other amenities. The things that students fail to recognize for on-campus housing is some things students would have to pay for off campus such as water, cable, internet, and other amenities.

A major upside to living on campus versus living on one's own is that these things are taken care of, although they still come with quite the price tag. Additionally, if a student goes out and gets an apartment on his/her own, the likelihood that they already have furniture is not very high.

According to collegeboard.org, on average for a two-year public college as a commuter student would pay roughly $3,345 per year on tuition and fees, $8,003 on Room and Board, $1,364 on books and supplies, $1,774 on transportation and $2,257 on other general expenses. This is merely one end of the spectrum which is fairly cheap for collegiate pricing.

On the opposite end of the spectrum students who attend a private four-year university and live on campus will spend roughly $32,405 on tuition and fees, $11,516 on room and board, $1,249 on books and supplies, $1,033 on transportation and $1,628 on other general expenses associated with college living.

Overall, on the cheaper end of the spectrum for a year of schooling it costs roughly $16,833 and on the more expensive end students may pay about $47,831 for their "college experience" according to collegeboard.org.

Students often have to pay for things such as books, transportation and anything else they may encounter out of pocket. Clearly, books and supplies are important for someone attending college. Textbooks cost hundreds to thousands of dollars per year. When a student goes to return them at the end of the year they receive not even half of the money spent.

The meal plans available at Saint Leo University range from the unlimited plan at $2,310 a semester, a ten meal plan at $1,540 a semester and a five meal plan at $770 a semester. Realistically, if an individual buys groceries for themselves' they will most likely spend only $50 a week which over the sixteen week semester they will spend roughly $800. Clearly, paying for groceries and making your own food is more cost conscious at this point.

Some people say that if an individual is in need of funds then there is always financial aid and scholarships but they fail to recognize that financial aid is very circumstantial and does not account for families that do not help students or that are in debt and cannot help the student. Scholarships are also very circumstantial.

Financial aid awards and scholarships are often on a first come first serve basis and that makes it hard for indecisive or even underprivileged students (some students may not be able to access necessary materials or information).

Many students have a hard time distinguishing fun money from school money and end up spending on unnecessary things due to a lack of guidance or self-discipline.

Students go through a process of learning how to balance their time to work so they can afford to actually have fun. Often students don't save their money for this reason alone.

The desire to have fun now far outweighs the more logical decision to save money so that one can afford to have even more fun later on. In the twenty-first century everyone wants to live in the now. To do so individuals need excellent time management skills if they want to succeed in all areas such as school, work, athletics and more.

To start, students must learn to budget both their time and their money to be successful. On top of this, I highly recommend reading the "7 habits of highly effective people" by Stephen R. Covey. It's a good read when looking to better yourself as a person.

Some ways that college students can better budget what little money they have is to overestimate their expenses, underestimating their income, and prepare for the unexpected by setting goals to build an emergency fund in a savings account.

Students should work to differentiate between those items that they feel they need and items they simply want. To do this students should start by making a list of things they would like to save for and buy when they can afford them.

The combination of budgeting and recognizing needs versus wants is one of the most efficient ways to save and spend money as a college student.

Check us out online at www.pride-online.net

Earth Strikes Back

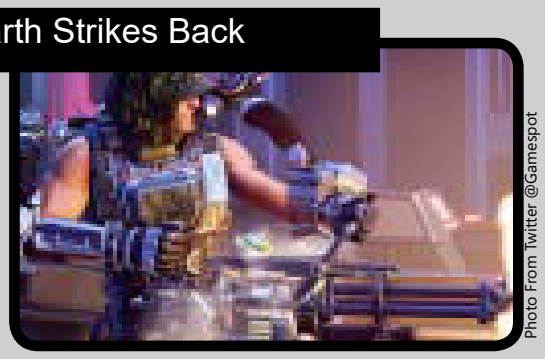

Photo From Twitter @Gamespot

"XCOM 2" is the latest installment in the XCOM series which began in the 90's. The game allows charatcers to fight invading aliens and use their technology against them.

Deep Sea Fishing Trip

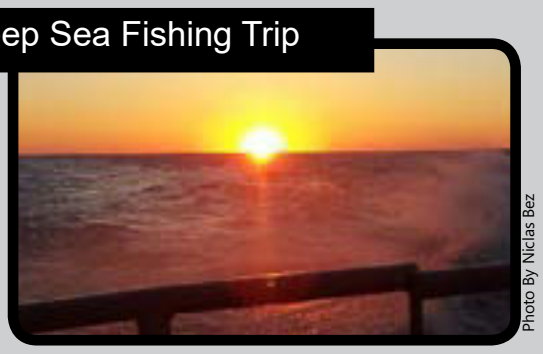

Photo By Niclas Bez

Student Activities took students to St. Petersburg for a deep sea fishing trip. Check out pictures from the event.

Anti-Vaccine Movement

Photo From Wikimediacommons

Some people have decided not to vaccinate their children for fear of side effects from the vaccines. This article is look into this movement and its mentality.

Newsroom

(352) 588-8316
Student Activities Building, Office 106
33701 State Road 52 Saint Leo, FL 33574
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- Faculty: Include name and rank
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Campus News

Ash Wednesday on Campus

By Renee Goodwin and Jonah Robertson
Special to the Lions' Pride
Editor-in-Chief

Photo By INicole Alvarez

Victoria Peacock, a junior English major, took part in the Ash Wednesday celebration, which is a mirror of the time Jesus spent 40 days and 40 nights in the desert.

On Feb. 10, many students could be seen around campus with the traditional ash crosses on their foreheads. The ash crosses marked Ash Wednesday, the beginning of the Lenten season.

"[Wednesday is] the beginning of a time when we return to the Lord, to remind us that we are ashes and to ashes we shall return. Ash Wednesday primarily serves as a time for us to repent and believe in the Gospel, to change our lives to grow closer to God," said Fr. Stephan.

The ashes are given during Catholic Mass to serve as a reminder of human morality, an outward sign of mourning, and repentance to God.

The rise in student participation could also be accredited to the popularity of Pope Francis who has fired up Catholics and non-Catholics alike.

"I want an evangelist Catholic Church," said Pope Francis.

The University joined together with the Benedictine Monks and the Benedictine Sisters for Ash Wednesday, allowing students to come together and pray as one in the Benedictine tradition. The day helped strengthen the relationship between the Benedictine Monks and the student community.

"This Ash Wednesday has been an experience like no other, I feel that I now have a deeper understanding of how Jesus has changed my life for the better. Ash Wednesday used to be a topic I didn't really understand, however, this year my understanding has changed and I now see that in order to understand what he endured for us we must give up something we love because it is difficult, but we do this with the understanding that Jesus made the ultimate sacrifice for us. Through him alone we can overcome our own personal struggles," said Senior Danny Francois.

National

Celebrating the Everlasting Power of the Radio

By Rafal Matuszczak
Contributing Writer

On Feb.13 the world celebrated an annual World Radio Day. The main theme of the holiday established by UNESCO five years ago was "Radio in Times of Emergency and Disaster".

On Nov. 12, 2011, UNESCO's General Conference, at its 36th session, proclaimed World Radio Day. The main propagator of the idea had been Spain, and after a consultation process carried out by UNESCO, multiple international broadcasting organizations favored the project by sending letters of support.

As a result, one year later, on Feb.13, 2012, the world celebrated the first ever World Radio Day. Since then, the day has been celebrated annually, and every year brings new events that are held all around the world in order to emphasize the importance of radio in everyday life.

The date of Feb. 13 was not chosen randomly from a calendar. In fact, the date is very closely related to the history and prominence of radio, as on Feb. 13, 1946 the United Nations established its international broadcasting service, the United Nations Radio of which purpose has always been to promote the universal ideals of the organization.

In 2014, for the first time, the World Radio Day was celebrated with accordance to a particular theme. UNESCO proposed the idea of "Gender Equality and Women's Empowerment in Radio." Since that year the idea of themes has been maintained and, as a result, the World Radio Day 2015 was held around the theme of "Youth and Radio." This year, the emphasized subject was "Radio in Times of Emergency and Disaster".

Taking into account that many more advanced technologies, such as mobile phones or the internet are present the society's everyday life, some people may ask why one of the most recognized organizations in the world decided to celebrate radio day.

Answering this question might be problematic as it requires the thinkers to empathize with those people who have not been raised in a wealthy country. For people living in a country of, for instance, western civilization such as the United States, having a mobile phone, tablet, or computer with access to the internet have almost become a standard. Therefore, the society might have forgotten about the importance of radio, as it has been replaced by other technologies.

However, having an access to the technologies is not necessarily a standard all over the world. In fact, many people do not even have an access to the radio, so the earlier mentioned technologies are even farther ahead of their standards of living. Sadly, the number of those individuals who lack an access to a radio is estimated to be close to a billion people.

Despite the fact that a one seventh of the world population cannot listen to any radio frequencies, when compared to other mass media, radio still reaches the widest audience in the world.

The two main reasons radio remains to be so widely used are the relatively low cost of the medium and its power as a communication tool. Not only can radio reach remote publics, but also it does not require its audience to have any level of education. Anybody can listen to radio, so even people who are illiterate or disabled can participate in important public events which otherwise would not be accessible for them.

Even though all of the aspects are important, one of the most important factors that make radio a significant and unique medium is the role it plays in emergency situations. There is a reason the World Radio Day this year was celebrated with a theme of emergency and disasters, and the fact allows the invention to remain nearly necessary in today's world.

Every time there is a disaster somewhere in the world, there are also people who suffer effects of the happening. Many times the people cannot predict the disaster and as a result the life of communities that are victims of the happenings turns into chaos.

People desperately look forward to receive information about the catastrophe and they seek for advices that might help them to embrace the chaos. Since the direct access to those people can be difficult due to the impact of such a disaster, radio broadcasts are very often the most effective and easiest way to provide the victims with the important information they need.

"In times of crisis and emergency, radio can be a lifeline. For people in shattered societies, or caught in catastrophe, or desperately seeking news, radio brings lifesaving information. This year, as we start carrying out the Sustainable Development Goals, let us resolve to use radio for human progress. On this World Radio Day, let us resolve to prove that radio saves lives." said United Nations Secretary-General Ban Ki-moon, according to the official website of the World Radio Day, diamundialradio.org.

Picture from WikiMedia Commons

Since their invention, radios have served to inform countless people of the events happening around the world.

Moreover, radio can also prevent catastrophes. One of the issues that media all over the world talked about last year was the epidemic of the Ebola virus in Africa. Fortunately, the crisis has been averted and the virus did not spread in other parts of the world. However, Ebola is still present in Africa, and even though it is kept under control, it is important to educate people about the issue and help them to avoid getting infected.

Currently, radio is a tool that helps to achieve the goal. In order to fight the virus from spreading it is important to know what the symptoms are. If a person is recognized to be infected, does not only she or he can get help before it is too late, but also the person might be isolated so that other people do not get infected as well. Also, it is true that the spread of Ebola can be slowed down by following some basic hygiene routines such as washing hands or avoiding shaking hands as a greeting.

African singers and community radio stations help to share the information, and they educate people by using radio as a main medium to spread the news. An organization called Lifeline Energy also has a significant impact on success of the campaign.

The organization provided people in West Africa with little solar-powered radios called the Polaris. It is a very important contribution to the efforts of the world in trying to stop Ebola. Providing people with the medium is in important step towards resolving the issue, and the campaign itself indicates how significant radio is, and how powerful this low-cost device can be in the times of emergency.

"When there is a disaster, information can be as important as food, water or shelter. It is also a critical part of reducing vulnerability, and of building safer and more resilient communities. In emergency situations, radio is often one of the few sources of information for people affected. It allows people to access and share news on the response, and to engage in decisions about the support they need," said Tadateru Konoй, President of the International Federation of Red Cross and Red Crescent Societies, according to diamundialradio.org

To celebrate the World Radio Day, UNESCO created a special broadcast that can be downloaded from the holiday's official website. The broadcast elaborates on the theme of Radio in Times of Emergency and Disaster.

The organization emphasizes that the World Radio Day is about celebrating the radio. It has been established to indicate how significant impact it has on peoples' life, and how powerful tool it is in regards to connecting people from all over the world. To learn more about the World Radio Day 2016, visit its official website www.diamundialradio.org.

Science

Fairy Lights and Lightsabers

By Kristen Collins
Contributing Writer

Holograms have now gotten an upgrade thanks to technological advances that could possibly make the iconic lightsaber from Star Wars a reality. Lightsabers are not the only possibility with holograms as 2016 looks to make strides towards advancing this technology further.

Hologram technology has just been opened to the 3D world with the combined research of five different Japanese Universities. The collaborated efforts came from Yoichi Ochiai, Kota Kumagai, Satoshi Hasegawa, and Yoshio Hayasaki of Utsunomiya University, Takayuki Hoshi of Nagoya Institute, and Jun Rekimoto of the University of Tokyo. The touchable hologram experiments have been going on within Utsunomiya University's Optical Research and Education Department. One of the leading researchers, Dr. Yoichi Ochiai, has stated that while it cannot proactively interact with humans in its current state, it does have the potential to be used for entertainment, medicine, and architecture.

At the basics, holography is defined as "lens-less photography" which is an inference pattern rather than a captured image. The touchable holograms – three dimensional virtual objects – have been dubbed with the name "Fairy Lights." Making aerial holograms needs a medium to either reflect or emit light in precise locations. Researchers are using air as the medium and turning it into plasma. This process is a similar when lightning occurs and ionized air molecules, which are essentially air plasma, return their neutrons to a lower state of energy. "Fairy Lights" are able to respond and be manipulated through human touch, which interrupts pixels in mid-air. These pixels are actually called voxels, which are tiny and isolated volumes of plasma, and the basic building blocks of 3D display technology.

"Fairy Lights" are moved by human touch through the use of shock waves. These shock waves are faster than the speed of sound, creating a quick disruption in the medium it is in. The waves from "Fairy Lights" change the temperature, pressure, and density of the air it inhabits. The holograms have sound as well since plasma is a state of matter that makes noise. Through various settings and levels, the maximum sound plasma can produce goes up to 77.2 decibels.

The science of plasma is an important research component to the construction of "Fairy Lights." As the fourth state of matter, plasma is ionized gas and the most common form matter in the universe. Gas can become plasma in a variety of ways, the most popular of which is pumping gas with energy. Femtosecond lasers, which are plasma-based, are lasers that pulse a quadrillionth of a second, making them short lived and able to emit light. These emissions are related to lightning and allow "Fairy Lights" to radiate in the ultraviolet and infrared light spectrum.

This new research about touchable holograms has also gotten science fiction excited. A new hope for lightsabers is closer than ever. In terms of structure, a lightsaber's blade is made of concentrated plasma because plasma can be generated at a variety of temperatures. This variety of temperatures can reach up to several thousands of degrees, making it able to cut through multiple objects and surfaces. Lightsabers would need a substantial amount of heat, so plasma torches would be the way to go. Plasma torches essentially follow the same principle of lightbulbs and can convey large electrical currents. These currents have the ability to heat up and melt material.

While there are bits and pieces that can be used to create a lightsabers, a lot of research is needed for the structure of the blade and the base. Plasma acts as a very hot gas and needs to be contained. Currently there is no way to contain the blade of a lightsaber and have it withstand the stress of combat. This means that plasma blades will remain in science fiction until technology has advanced enough to make it a viable weapon.

The science behind hologram technology is extremely complex and still has many years before any possible marketing can be done for it. The biggest setbacks right now in advancing the touchable holograms are the size of the images and the fact that the lasers burn human skin. The size of the aerial projection is no bigger than 5 cubic centimeters at the moment because of the sheer work and research needed to make a touchable hologram. As for the more damaging components to "Fairy Lights," some burn skin while others are highly damaging to the eyes. At the moment, researchers have been wearing protective goggles while experimenting and creating the holograms.

As for the future of holograms, it seems to be bright and going at full force. The possibilities are endless for business and for pleasure. Computers could have keyboards made of light, virtual touch video chats could be possible, and portable tools for construction and business meetings could be a thing of the future. Innovations may even make their way into the gaming communities with games going into the realm of virtual reality, connecting to the human senses in ways never before done. Maybe in the decades to come, lightsabers will be a reality and the technological world will change from touchscreens to touchable holograms.

Picture courtesy of Rebecca Maldonado

With the advent of fairy lights, many Star Wars cosplayers can strive for more authentic costumes.

Arts & Entertainment

Chimichangas, Katanas, and Deadpool

By Rebecca Maldonado
Contributing Writer

He's not a superhero and he's not a villain. Perhaps that's the most fascinating thing about Deadpool – he does want he wants.

This Valentine's Day weekend marked the long awaited release of "Deadpool", everyone's favorite mercenary with a mouth. In fact, it has already broken the record for the biggest opening weekend for an R-rated movie, raking in $150 million within the first four days of its release.

From the second the opening credits rolled on screen, the movie was already dishing out some serious, Deadpool-style sarcasm, foregoing the actors' names and instead opting for some rather hilarious, stereotypical descriptors of the actors themselves.

The film alternates back and forth between Deadpool's backstory as normal guy Wade Wilson and the mercenary he is in the present, using flashbacks to tell his tale. One of the winning points of the movie is its ability to juggle emotional moments juxtaposed with the classic humor associated with the character. Wilson deals with some heavy issues, such as cancer and relationship problems, which leads him to unknowingly make the decision to become the superhuman we all know. Even at its most poignant points, the humor and sarcasm were always in play to lighten the mood.

The movie is surprisingly equal parts love story and action movie, which makes it a winner among both men and women. The humor, while definitely ranging more on the crude side of things, still had audiences laughing. That being said, it should be noted that this is not a superhero movie. At the very least, it is not the superhero we are all used to seeing from Marvel. In terms of action, it packs quite the punch, featuring rather gory, well-choreographed, yet hilarious fight scenes.

However it doesn't feature potentially world ending and catastrophic battles for humanity as we see in other Marvel films such as *Avengers* and *Captain America: Winter Soldier.* Instead, we see a man on a mission. With the help of some X-Men, Wade takes on other mutants, trying to reclaim what was taken from him. In this sense, it makes the movie a bit more intimate, if not, more story-focused instead of wowing audiences with over-the-top special effects.

Actor Ryan Reynolds, who played Deadpool, did an amazing job portraying such a witty, fun, and driven character. He also never missed a chance to rip apart and jab at his previous role as the superhero Green Lantern, whom not many people were a fan of. For a "superhero" movie, it featured a rather small cast, more than likely so as to focus more on its star player. All two hours of the movie were good down to the last second of screen time. Overall, the movie manages to deliver a good time to all who see it, promising laughs, a good story, and a potential anti-hero-turned-superhero in the making. It leaves most people asking, "So, when's the sequel?"

Current Events

February 20 - Arenacross @ Amalie Area Tickets from $20.00
February 21 - International Mother Language Day
February 22 - 26 - Business Career Week
February 24 - Jeff Dunham @ Amalie Area Tickets from $43.00
February 26 - 28 - Spectrum Concert; Central High School Theater with the Hernando Symphony Orchestra
February 27 - Disney Live! Mickey and Minnie's Doorway to Magic @ Amalie Arena Tickets from $34.00
March 2 - Harlem Globetrotters @ Amalie Arena - Tickets from $10.00
March 16 - Rihanna Anti World Tour @ Amalie Arena - Tickets from $25.00
April 29 - 98RockFest @ Amalie Arena - Tickets from $29.00

Picture From Twitter @DeadpoolMovie

Ryan Reynolds shines, providing outstanding humor, action and a winning personality as Deadpool.

Picture From Twitter @DeadpoolMovie

When Wade Wilson is diagnosed with terminal cancer, he will do anything to be cured, even seek help from an unsaovry instuttion.

Arts & Entertainment

Decisions, Decisions, All of Them Cheesy

By Emily Kochanski
Contributing Writer

Photo From Twitter @TheChoiceFilm

Although "The Choice" is set in the American South, leading woman Teresa Palmer (above) does not hide her British accent, thus ruining the effect of the film.

Grab that special someone and a box of tissues because "The Choice" has hit the theaters. The film, based on Nicholas Sparks' bestselling book of the same name, asks the question: how far would you be willing to go for love?

"The Choice" focuses on the relationship between Travis (Benjamin Walker) and Gabby (Teresa Palmer) as they transition from feuding neighbors into star crossed lovers. After a devastating accident leaves Gabby in a coma, Travis finds himself faced with a difficult decision and must ask himself how far he is truly willing to go to keep the woman that he loves in his life forever.

While it isn't the greatest love story ever told, the film is still a nice pick for a date night activity; but, compared to the book, the movie is slightly lacking. While the romance between Travis and Gabby develops gradually throughout the book, it happens all too fast in the film, which takes away from the sense of realism of such a situation. It fails to show the real struggle and effort that goes into a romantic relationship; by cutting certain scenes and rushing through the story, the film loses a great deal of drama and charm.

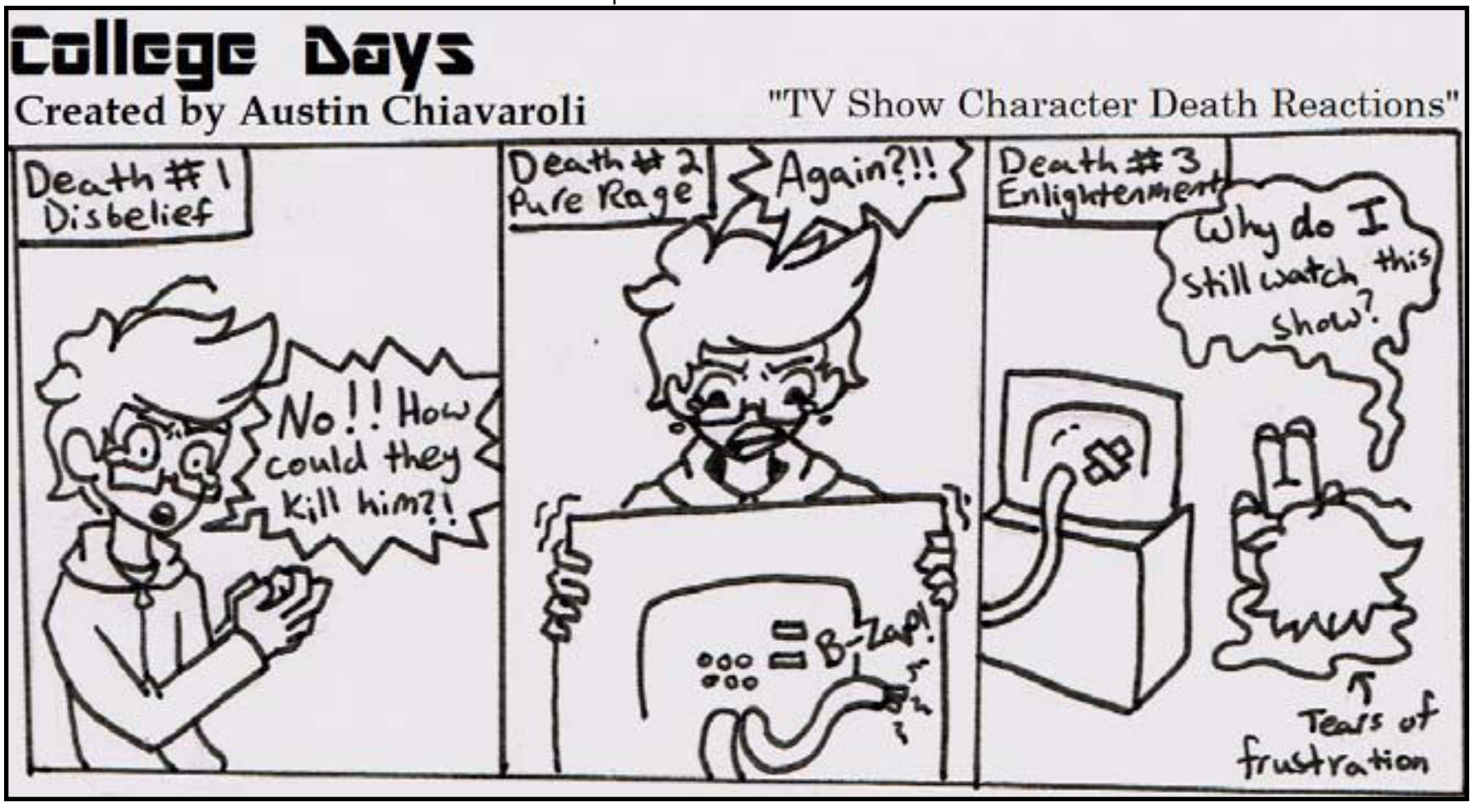
This cinematic adaptation is mediocre at best; it fails to answer its own question, which is concluded more effectively in the book. In the film, Travis' internal struggle between honoring Gabby's wishes and his own selfish desire to keep her alive is much less devastating and the resolution is anticlimactic, which takes away from the story's drama.

One of the few saving graces of the middling romance was Walker's portrayal of leading man Travis Parker. He effortlessly transitions from snarky ladies' man to pining Romeo with plenty of humor, emotion, and likeable southern charm. Walker seems quite at home in his southern element, but his cast mates, Palmer and British actor Tom Wilkinson, make little or no attempt to hide their own accents for the sake of the film, ruining the illusion.

Both Palmer and Wilkinson's acting in this particular film can be described as bland. Though she is in no way a poor actress, Palmer still fails to deliver a memorable performance. Wilkinson is witty and likeable, but he lacks the emotion suited for his character and the overall tone of the film. Walker's is the only character who comes across as genuine.

Also stealing much of the show are Maggie and Moby, Travis and Gabby's lovable dogs who sort of kick start the relationship between the main characters. In fact, the dogs have a more romantic and interesting relationship than the leading couple.

People who have not read the book will enjoy this movie more than those who have. Though a bit predictable and very cheesy, the film still manages to bring life to Nicholas Sparks' heartbreaking tale of love and loss, and offers a satisfying ending that will have audiences everywhere weeping both tears of sorrow and joy. "The Choice" receives a 3/5.



Sports

A Look Ahead: Previewing the Men's Tennis Season

By Niclas Bez
Contributing Writer

The Men's Tennis team kicked off their Spring season with a 5-4 victory against Georgia College on Feb 6. Being already strong the entire fall season Head Coach Chris Frusci recruited three new men to the men's spring roster. Thomas Grinberg, Vincent Suillerot, and Elliot Carnello are the new faces that can have a big impact on the program.

"The team this year is probably the strongest ever in the history of Leo, and we are looking forward to achieve highest goals, including winning the national championship," said Senior Egor Panyushkin, who is currently ranked individually as number nineteen in the nation. "It is a difficult goal winning nationals, but it is a very realistic goal. We have 4 players ranked top 10 and 20 in the nation and there is talent, hope, and belief in what we can and want to do. It does feels weird that it is my last semester in both, my athletic and academic career, and I want to finish it on a special note. I do have motivation and I am working hard to become a champion," he continued.

In addition to that the team is working hard every day to achieve their goals. The athletes only got a short winter break to prepare as good as possible for the spring season.

"Mentally we are confident and physically we are in good shape. These are the two things you need to start the season. Adjustments are always a lot easier to make once we have some matches under our belt. We are doing early morning conditioning 3 days per week which is something we have not done before. We are also spending more time on doubles tactics. Finally, the quantity of tennis has increased a bit as well," said Coach Frusci.

In the first games of their spring season the men's tennis team already took down number nine Valdosta State and number twelve in the nation Georgia College showing their potential. Being ranked number seven in the Nation and second in the Sunshine State Conference shows what Lions fans can expect from this spring season.

"I believe there are several teams in our conference that have the potential to beat everyone. We have the talent for the sky to be the limit, but it's all about the mentality and staying healthy as well. Barry won the national championship last year without being the most talented so it will depend on many factors," said coach Frusci.

A Freshman who already had a major impact on the program last semester is Alberto Barosso-Campos. He was the first Saint Leo individual in school history to win the ITA Regional Championship in fall. He advanced to the National Tournament where he got third.

"For me I expect to have a good spring because I was training hard during the fall, where I got very good results in the tournament and for the team it could be an incredible season for us if we keep working hard. Our goal is the National Championship," said Barosso-Campos.

With the team physically and mentally well prepared the Lions are looking forward to lift the program to a new level and write school history. The talent is there and the athletes are willing to put in relentless hours of hard work to achieve their goals.

Upcoming Games For the Week of 2/19/16 - 2/25/16

Softball

2/19: @ Embry-Riddle 6:00 pm

2/20: @ Embry-Riddle 1:00pm

2/20: @ Embry-Riddle 3:00pm

Baseball

2/20: Vs Albany St. (Ga.) 4:00pm

2/20: Vs Albany St. (Ga.) 7:00pm

2/21: Vs Albany St. (Ga.) 1:00pm

M Basketball

2/20: Vs Florida Tech 4:00pm

2/24: @ Rollins 7:30pm

W Basketball

2/20: Vs Florida Tech 2:00pm

2/24: @ Rollins 5:30pm

M Lacrosse

2/20: Vs Limestone 12:00pm

W Golf

@ Lakeland, Fla.

2/22: Florida Southern Invitational

2/23: Florida Southern Invitational

A Look Ahead: Women's Tennis

By Niclas Bez
Contributing Writer

The Saint Leo Lions Women's Tennis team is ready to target high goals for this spring season. Those high goals are reasonable after their success in the past semester and the fact that the program is currently ranked third in the Nation for Division II.

"I think we are a really good team and can definitely compete at the very top in the country. We've had a great fall, and we've practiced very hard, so hopefully all our work will pay off in the spring," said Natalia Siedliska.

Natalia Siedliska, a Freshman from Freigericht, Germany, is one of the top newcomers for the Women's Tennis program. She was the first female individual from Saint Leo to win a Regional title and advanced to the National Tournament. There she fought herself into the final where she placed second. Currently Natalia is ranked third in the Nation as an individual.

"Individually, I've had a great fall semester ending up in the final of Nationals, so I hope I can improve even more and beat that. As a team, we want to win as much as we can. I think we're one of the best teams in the country, and I hope we will be able to prove it very soon," she added.

"We are fit and confident. We also have very good chemistry, which is so important heading into the main season. Our strengths are that we had a very good fall season so the confidence is there. We had success against players and teams that we've struggled with in the past. Our weakness is that we're in the strongest conference in the country so it's important to not have many slip-ups," said head coach Chris Frusci.

Already having major successes in the last couple of years head coach Chris Frusci showed his ambitions, recruiting more top athletes to make the team even stronger.

"We have 2 new players this year, both who have made an impact in many areas. Natalia was the first ever regional champion for Saint Leo and finished national runner-up in the fall. She brings the talent at #1 that every good team needs to make it far. And Madeleine has brought a tough, fighting mentality that is important to rub off on others. She is comfortable with adversity and has no problem stepping out of her comfort zone. Because of this she has improved tremendously and will provide immediate impact," said Coach Frusci.

"I think right now we are having the best team Saint Leo ever had in tennis level speaking. Also we get along very well on and outside of the tennis court, and I believe that is a big plus when competing against the best teams in the nation," said Isabella Robbiani, a Senior that wants to end her collegiate career on a special note.

The team is working extremely hard in all matters. The training volume has increased and in the early mornings the team is focused on strength and conditioning. The expectations of the team are higher than ever before after good years of recruiting and getting better every year.

"We need to focus on ourselves and what we can control. The chemistry being strong is ultimately what is helping the tennis progress. They all want to work hard together to achieve their potential. I think right now, getting back to nationals is the first goal. We are focusing on preparing for pressure situations," said Chris Frusci.

With this positive mindset, the physical ability, and the talent that the team has, everything indicates that it is going to be a special season for the Women's Tennis Team.

Photo From Twitter @saintleotennis

Natalia Siedliska and Alberto Barrosi-Campos, two number three ranked athletes in the Nation, lead the Lions Tennis Team into the season